



**Just hanging around**  
Learn where students go to relax.  
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# SPOKE

A LEARNING RESOURCE FOR JOURNALISM STUDENTS



**New iPhones hit stores**  
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MONDAY, SEPTEMBER 30, 2013

CONESTOGA COLLEGE, 340 WYTHE ST.

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## Rec centre renovations planned

Four different proposals look at expanding, removing or adapting existing facilities

### BY GARY ELLIOTT

Big changes are coming to Conestoga College's rec centre.

At a College Council meeting on Sept. 16, Conestoga Students' Inc. president Jason Wright talked about four different proposals regarding the centre that focus on renovating the entire building or tearing it down and rebuilding it. They also include the expansion and possible removal of existing facilities.

"The rec centre was built basically for 2,000 students back in 1980 and now we are at over 11,000 students and there is not a lot of room in the gym for the students who all play various sports," said Brad Holmes, executive director of marketing, major events, communication, student and alumni.

The proposals are still in the discussion stage. Over the next few weeks, meet-



PHOTO BY GARY ELLIOTT

The rec centre is currently a hot topic as college administrators and CSl begin renovation discussions.

ings between CSl and the college's board of directors will be held to discuss all suggestions. The four proposals were written after CSl conducted a survey of

the student body last year. The proposals were created by Conestoga architecture project and facility management students using the survey results and were the

students' final project in the 2012/2013 school year.

"By increasing our facilities we hope that we can have our gym free at all times for drop in while and

being able to offer enough time for various practices, various games and intramurals," Holmes said.

Wright said in an e-mail, "The No. 1 thing we want to see in a larger fitness centre for the students. As well, we'd like to have a triple gym instead of the current double gym. That would allow us to custom fit the gym for students in one while our various teams have practices or games."

It is currently unclear if an expansion would be included in any renovations, however, if the rec centre was expanded it is a possibility that a sports field would have to be removed in order to create an appropriate site for the building, Holmes said.

Wright said, "We have some strong suggestions that we have the site redesigned and then we have some ideas that say to expand the site out a little bit."

SEE CHANGES, PAGE 2

## Designer's success inspires Conestoga students

### BY GARY ELLIOTT

Montreal-based fashion designer Simon Cheung visited Conestoga College's interior decorating and visual merchandising studios on Sept. 23 at the Kitchener Studio Project (KSP) to talk about creativity, colour and the highlights of his career.

Lined up at Conestoga Kitchener and designed with creativity in mind, the KSP is a project series started by Conestoga College in partnership with Christie Hospital, the University of Waterloo, Wilfrid Laurier University and some companies within the nearby King Township. A centre for academic and technical education, the KSP is a project series started by Conestoga College in partnership with Christie Hospital, the University of Waterloo, Wilfrid Laurier University and some companies within the nearby King Township. A centre for academic and technical education, the KSP is a project series started by Conestoga College in partnership with Christie Hospital, the University of Waterloo, Wilfrid Laurier University and some companies within the nearby King Township.

Cheung is one of Canada's most commercially successful designers. In 2008, he was named in the Order of Canada by Governor General Michael Ignatieff for "his contributions to

the fashion industry as well as his philanthropic and social engagement," according to a press release on his website, [simoncheung.com](http://simoncheung.com).

Cheung gave advice to the students, which included an alphabetical list of qualities that he believed were important for success in becoming a better student, as well as how to learn more in their classes field.

"It is very important for me to highlight three points for you. I'll make it easy. A through C," Cheung said. "A, ambition. Do you have the drive, do you have the desire? This is something very important to understand."

Other qualities that Cheung listed were: behaviour in your self and the product, quality in quantity giving back and passion, to name a few. But the one quality that Cheung felt he couldn't stress enough was being unique.

"Why be ordinary, who you can be extraordinary," Cheung said. "Be in the last few rows. Don't be a follower." Many students left the event



PHOTO BY GARY ELLIOTT

Conestoga College interior decorating students Melissa Perreault talks to Simon Cheung about his presentation on Sept. 23 at the Kitchener Studio Project in Kitchener.

with a greater feeling that they've made the right decision with their chosen career, especially Melissa Perreault, a Conestoga interior decorating student in Conestoga College. "He inspired me because I wasn't too sure that this was

what I wanted to do. I just kind of jumped into it and started doing it," Perreault said. "I realized that I did become more interested in this. He made me have more goals and more time, and I guess that's what I really needed."

"We're very fortunate to have Simon Cheung come for a visit," said Marjorie Hodges, professor and co-ordinator of design programs at Conestoga College, in a press release. "This is an amazing benefit event for our creative students."



# Snyder's offers fun and fear

BY TAMRA LUNNY

Whether you want a place for fun or fear this fall, Snyder's Family Farm is the place for you.

The Snyder family has been running the farm for 12 years and is determined to make the 1992 season the best one yet. Located only 15 minutes outside the Kalamazoo Waterline area, Snyder's Family Farm offers both day and nighttime fun.

The daytime atmosphere is family-oriented and has many activities to keep everyone entertained for hours. For one entrance fee, you can enjoy over 15 different attractions including a corn maze, hayride, petting zoo, haunted house and a bounce castle. They also offer interactive classes and puppet shows, which will have the whole family laughing.

Melissa Woloszyk had never been to the farm until the opening weekend on Sept. 22 and 23, but said the variety of activities kept her and her children entertained all afternoon. "I think it's about the whole overall experience, being outside and experiencing the animals, train rides and hay," Woloszyk said.

Once the sun goes down, the atmosphere transforms from family to frightening. Recommended for customers 13 and up, Five Fears offers three terrifying attractions for anyone looking to test their bravery. In Death's hayride, the condemned cornfield and the haunted Miller house will have horror racing and pulse racing.

With over 50 staff members per night, the Five Fears has expanded, and has no one



Laura Peterson leads a goat at the farm.

time slot, from 7 to 10 p.m.

Melissa Snyder and her husband work throughout the year planting and preparing for the next weeks that the farm is open. It's their goal to send everyone home with great memories.

"I think as owners the best part about this place is that we care so much about it. When thinking about people's experiences, for both day and night we go above and beyond to offer the best experience," Snyder said.

From apple harvest made fresh at Aunt Flora's Pie House, to live calls for the season, there are no boring moments in visiting.

Now that fall has arrived another great place to stop at is the Snyder's pumpkin patch. The patch features pumpkins in every shape and size. Pricing varies on size and type.

The farm is open every Friday, Saturday and Sunday in October, but is available to large groups, corporate events and school tours throughout the week.

For more information on Snyder's Family Farm, including hours, age restrictions and pricing, check out Facebook.



Photo by Kalamazoo

The Lank family enjoys the country beauty at Snyder's Family Farm on Sept. 22.



Three-year-old Ryan Kennedy has fun driving a ten-wheeled tractor through a cornfield.

## Everyone a winner at CSI Vegas night

BY COLLE PERROW

Cambridge College students got a chance to feel like bad boys and hot chicks at the upcoming Cambridge Students Inc.'s Vegas come night on Sept. 18.

The sounds of slot machines beeping, cards being flipped and shuffled and the cheers and groans of students were all part of this exciting night.

"We wanted to do something a little bit different, rather than the typical dance party," said Bethany Sibley, program co-ordinator at CSI.

She added no money was exchanged. Instead, CSI gave

students five entry points which entitled them to four points. Each point ticket was worth 10 points chips, and if students lost all their chips CSI would give them one more point ticket.

Students could go all in, turning power or play in a big wager at a blackjack table, roulette table or at two slot machines.

Students could make in their chips for roulette tickets throughout the night. CSI had 21 slot machines in place which they rolled off at the end of the evening.

CSI pulled out all the stops for the event, with slot machines, roulette and blackjack

tables along with many more games playing. They even hired and dealers to make the night as authentic as possible.

"The dealers we hired, they come from the company Hart Entertainment and they are professional dealers. They also do some explanation of the game of roulette aren't sure how to play," Sibley said.

Heaven Chaudhry, a first-year computer engineering student said "I came out with my friends for the first time I've been playing any type of blackjack. It's also one of my favorite games here."



Photo by Kalamazoo

Greg Palmer, an accounting student at Cambridge College, tries his luck at a slot machine during Cambridge Students Inc.'s Vegas night held Sept. 18.



# Living on minimum wage

Base pay lagging behind as cost of living increases effect workers' ability to afford housing and stay out of debt in Waterloo Region

BY LAUREN REINHIL

This is the second of a three-part series on the cost of living in Waterloo Region.

It appears as though the harder you work, the less you get paid in Waterloo Region. Flipping burgers, brewing coffee and working retail requires little to no skill, and shows the direct relationship of high stress and low pay for minimum wage workers.

A report released in August at a meeting on Sept. 5, 2013, pointed that the cost of living in Waterloo Region greatly exceeds average wages earned. By taking into account rising housing costs in the area alone, minimum wage is insufficient for most living expenses. It states that directly corresponds to the increase in demand for emergency food and shelter services.

Bob Schkollen, director of housing for the Region of Waterloo, said, "the cost of a bachelor's rent has gone up over the years and has put the poor's income to test and gone up to the same extent."

With the regional report indicating a declining standard of living for a large part of the entire population, and no immediate plans by the province to hike minimum wage, it comes in an area where that individuals in low-income multiple jobs have started demanding change.

Since 2010 the general mean wage in Ontario has been \$10.50 per hour, while at a 2008 increase from 2009. The general minimum wage applies to most employees, with the exception of self-employed individuals, liquor services, banking or fishing guides and students.

The student minimum wage applies to everyone under 18 who works less than 15 hours per week. The Ontario Council of Labour Relations (OCLR) the student minimum wage from \$9.00 per hour in 2008 to \$9.60 per hour in 2010.

The liquor service minimum wage is actually lower than the other categories—something that students are given below due to the burden of the province. The liquor service's rate has increased from \$8.25 in 2008 to \$9.00 per hour in 2010 and was often heavily supplemented by its various bonuses.

Regardless of the category a minimum wage labourer falls into, the report states these rates per hour are and



**ROOM to grow**

—quote on measuring a normal or positive standard of living. The report specifically looks at housing as an indicator of well-being — the minimum affordable housing wage for a bachelor apartment in 2012 for the region was \$20.58, which is 93 more than the current minimum wage of \$10.50. With the average bachelor apartment going for \$444 per month, someone working for general minimum wage would need to work a minimum of 68 hours per month just to cover rent.

The report fails to directly state or mention that it has been almost three years ago the Ministry of Labour has announced wages, despite the fact that each individual's financial output—gas, groceries, medical expenses, insurance, heat, hydro water and heating—continue to inflate each year.

The cost of gasoline is one of the most obvious examples of inflation—in 2010 the cost of fueling your vehicle was about \$1.10 per litre and has steadily increased to the current average of about \$1.30 per litre. With this rise in fuel prices, other elements of every day life—like the costs associated with transporting food and goods—have also increased.

With expenditures on the rise and income remaining the same, there is no question that debt or mismanagement of money is also an emerging trend. The more and variability of increasing money in becoming a necessary evil for low-income individuals looking to enhance or sustain their standard of living in the short term. Unfortunately to most people who do decide to borrow become caught in the web of high interest and an inability to balance a checkbook.

In an economy that is still recovering from the 2008 recession, the debt cycle is becoming a barrier reality for minimum wage workers who provide for families and individuals such as students who

have financial responsibilities such as school or rent.

Students are often caught in the idea of a loan of credit, credit cards or loans because they appear to be their money. Financial consequences are not emphasized enough when these contracts are drawn up. But students and non-students alike need to be aware that if they choose to supplement their income with any type of borrowing, the consequences of running your credit rating will stay with you for many years.

With banks offering post-secondary students introductory credit cards with limits ranging from \$500 to \$12,000, and average interest rates as high as 19 per cent for cards with no annual fee, TD Canada Trust financial services representative Inside Gateway urges borrowers to understand the terms of deals they are agreeing to before signing up.

"A lot of institutions offer students line of credit, but does someone like Van (his son) (graduate) have a lot of options?" Gervais said. She added that these post-secondary packages generally include a free bank account and insurance on payments for loans of credit—in other payments that interest begins 10 months after graduation.

## THE BARE MINIMUM

• Minimum wage in Ontario is \$10.50 an hour.

• The minimum affordable housing wage for a bachelor apartment was \$20.58 in 2012.

• Someone would need to work 68 hours a month just to be able to cover rent for an average bachelor apartment with the current minimum wage.

• It has been almost three years since a wage increase.

"A credit card is the most simple way to start your credit history because credit is used as a big thing in this world. Sometimes you can get your own house if you want to get a mortgage to do so and your credit ratings can depend because it just shows if you're going to be able to pay back what you've borrowed," Gervais said, adding that even getting away \$5 when possible can help with



PHOTO BY LAUREN REINHIL

Evelyn Van Mayne, a second-year journalism student, provides advice with a smile at Starbucks in Waterloo on Sept. 22, despite making just a little more than minimum wage.

extra help get into the vortex of saving money.

"People are not told enough about the value of saving money—savings are so important, but the everyday things that people deal with when it comes to credit and how you deal with your money—most people don't know."

There's a reason why more days most people are in debt. Most people can't afford it and are stuck in a dead end job and the majority who do work as really do effort pay for a long time," Gervais said. She added that if the Ministry of Education mandated it, lower education the everyday living at the high school level, most people would avoid ever having poor credit, loans, underused the opportunities of moving credit card payments and other financial tools means long term financial peace.

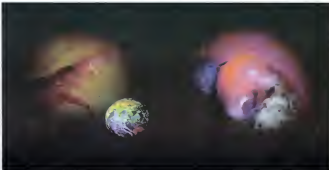
Second-year journalism student, Evelyn Van Mayne works part-time for her school after being denied OAS for the school year. "Minimum wage is not a livable wage," Van Mayne said.

The 22-year-old is a supervisor at Starbucks and makes

just three minimum wages. The Government College student paid almost \$14,000 for tuition, and with books, travel, food and other daily expenses, this is a clear example of the difficulty in finding balance with a screaming lack of remuneration.

With post-secondary demanding a minimum wage increase to \$14 per hour many avoided the demands to make a dime to change. Local businesses often cannot afford to pay more employees, so part-time staff members are usually the first to be laid off while local residents adjust to higher wages, fewer employees means longer days for business services, and ultimately, there would be increased difficulty for currently unemployed individuals who are actively looking for a job.

While most people would love to make more money and the local economy needs the benefits of the actual spending impulse, the Ministry of Labour needs to initiate a figure that is a sufficient compromise, taking into consideration rising living costs, unemployment rates, the poverty line and development trends in the province as a whole.



This work of art, which shows Earth and two images detailing the life of a platypus, is on display at the Kistler van Holst Art Gallery. The exhibit was created by David Holford and features three-channel video, audio and mixed media installation.

PHOTO COURTESY OF DAVID HOLFORD AND THE KISTLER-VAN HOLST GALLERY

# Shadow of the Platypus

## Where illusion and reality converge

BY TONY MULLIGAN

In a silent, pitch-dark room, a virtual shadow flickers to life. The display is titled *Shadow of the Platypus*, and with their vibrant audio and soft-focus, natural sounds it depicts the life of the platypus by way of shadow, introducing artists' shadow. Although it appears to be just a subtle commentary on that *The Last Minutes, Stage One: Shadow of the Platypus* exhibit has a far greater depth to it, giving us viewers the chance to view the shadow ways it connects time, evolution and the ever-changing world that surrounds us.

The installation, located in the Eastman Gallery in the Kistler van Holst Art Gallery (KVAH), is certainly not presented in a way that one would expect typical museum exhibits to be presented. David Holford, a Canadian-born visual artist from Leidenburg, Ala., now lives various technologies, new and old, to create the images, showcasing visuals shown in the presentation of *Shadow of the Platypus*.

David uses CRT monitors, VHS footage, and featuring images off of glass, and

Crystal Mowry, the curator at KVAH. "In there are a lot of documentary strategies that are actually quite left. In this exhibition, we're dealing with more digital forms of media and also explain what evolution is. David has designed for this gallery. With this current installation in particular, Holford uses a three-dimensional track, called the "Pepper's Ghost" effect, to give off a 3D illusion, when in reality, the 3D is virtually used. This technique has been used for over 100 years, and Holford manages to incorporate it with relative ease into the modern technology of the 21 century.

*Shadow of the Platypus* is a new chapter in a series of chapters that will unfold over time," Mowry said. The exhibit is intended to be the first part of *The Last Minutes* series, with an unspecified number of parts planned to succeed it in time.

"We don't know exactly when they'll be yet, and David may not know exactly when they'll be yet," Mowry said. "This could take years to unfold."

A work of art that spans multiple years is nothing new for Holford. In 2003, he launched a project he called

*Arrows from the House of the Future*, a project which ended up taking over six years of work to complete. All the while, working ideas he would put to rest in the years to come. "This project, according to Mowry, "used strategies similar to that (*Shadow of the Platypus*) exhibit, but also drew on, and used government that incorporate video as well."

While *Shadow of the Platypus* is clearly a very visually focused work of art, even more appreciation comes when the art is studied as an intellectual level.

"The platypus could easily be a stand-in for something else," Mowry said. "The nature of the platypus reminds us of not only history of evolution and the uniqueness of the natural world, but also by the nature of its relationship to evolution, it refers to time in a much larger sense of time in which things are happening. So we're not talking about a couple of minutes literally, but we're talking about billions of when that happens or then goes into evolutionary time."

David's work ties us back to those about evolution and natural history but also out there of display such as museum and zoological ones



PHOTO BY TONY MULLIGAN

KVAH Art Gallery curator Crystal Mowry stands outside the exhibit, *The Last Minutes, Stage One: Shadow of the Platypus*.

remains where we might learn about creatures like the platypus."

*The Last Minutes, Stage One: Shadow of the Platypus* is currently on display at the Kistler van Holst Art Gallery until Jan. 3, 2014. Admission is free, but donations are welcome. The gallery is located just inside

the main doors of the Denton in the Square in downtown Richman. The hours are Monday-Wednesday and Friday, 9:30 a.m. to 5 p.m.; Thursday, 9:30 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; and Sunday, 12 p.m. to 5 p.m. KVAH can be contacted by calling 513-575-5040 or visiting their online at [www.kvah.org](http://www.kvah.org).

# Rain dampens Artist Alley event

BY GABRIEL KROLL/STANDARD

Plans advertising The Artist Alley at Uptown Waterloo included a bolded "Rain or Shine!" So, despite the down pour on Sept. 21, the event still took place.

It just did not take place in the alley next to the Station Factory, otherwise known as the Waterloo Community Art Centre (WCAC), located at 25 Regent St. Instead, all 18 artists and vendors set up their work inside the building.

"That wasn't the first time inclement weather disrupted the event, according to Heather Franklin, the executive director of the WCAC.

"We've had two or three rained out this year. It's very frustrating."

Artist Alley has been held several times over the summer. It took place on every other Friday in June and July and the first Friday of the month in both August and September. In addition, there have been three Saturday Artist Alley events, each corresponding

with another event, such as the Jazz Festival in July.

Some of the vendors at the event noticed that the weather caused a drop in attendance from the previous Artist Alley.

"Usually we go all the way from Regent Street to King Street, so it's a little more spread out and so just a lot more walking traffic," said Melissa Kordemans-Smith, a vendor who has participated in the Artist Alley all summer. "The rain's been a damper on things, but at least we're dry."

However, David Lachy, smooth saxophone and also didn't really notice a drop in attendance.

"Waterloo Community Art Centre has other events running as well, like Doors Open and they have the live jazz piano members upstairs, so at least of things people do," Lachy said.

Franklin said, "We're all going 'Oh, rain.' We'll make sure it's about it."

The last Artist Alley of the year will be held Friday, Oct. 3 between 5 and 9 p.m.



PHOTO BY GABRIEL KROLL/STANDARD

Melissa Kordemans-Smith poses next to one of her favourite pieces displayed at The Artist Alley of Uptown Waterloo on Sept. 21. at the Waterloo Community Art Centre. Kordemans-Smith was selling original photography printed directly onto glass and recycled wood.

# That's why they call it the blues

BY MARK LAMOND



PHOTO BY MARK LAMOND

Preston Blues Festival co-founder Mark Storch thanks the band Breeze Lane for bringing the blues into the Sept. 21, 2003, festival. Area country blues artist a cross-Canada tour. Storch is pictured with one of the singers, Andrea Heaton.

The sound of heavy rain hitting the tarps and tents wasn't exactly the sound the organizers of the sixth annual Preston Blues Festival were hoping to hear.

Mark and Jillian Storch, the festival's co-founders, almost saw six months of planning work undone, as heavy rain threatened the event on Sept. 21. There were technical issues with the electric wires, a small crowd in the moment, and no music trucks, which would be used to load food donations and put on trays. For a few hours, a second meeting would go right for the previously successful festival.

"We really can't complain — this is the first year we have had rain. Every time we have just say, it won't rain," Jillian said.

The festival started off as just an idea, when the Business Improvement Association approached the Storchs, who at the time owned a small restaurant on downtown Preston, asking if they would be interested in helping organize an outdoor music festival. From the small beginnings where they asked friends to donate time and energy, the event has grown to having more than 20 food sponsors. The festival itself costs around \$12,000 to

run every year.

"At first we had to knock on a lot of doors to get sponsors, but this year TD bank actually came to us. With a large corporation," Mark said.

The event features local talent, performing one-hour long sets from noon until 11 at night. Every band that played this year also got paid thanks to large part to the numerous sponsors. The festival had 11 performers, headlined by Bill Dauterive, the vocal son of the Blues Underground, for four live blues albums. There was no admission price, however, it was recommended that spectators bring either a cash dose, bus or a car, probably had done to help the Cambridge Food Bank.

"We've always had the Cambridge Food Bank as our charity, so usually we have around 400-700 pounds," said Mark.

The Cambridge Food Bank wasn't the only charity at the event. Kim Canada was in charge of the food and beverage look with proceeds going to youth housing projects. Eric Harnack, representative of the Cambridge branch of Red Cross, and they were trying to at least break even for the event. It gives part they served between 600-800 people.

"This event is so weather dependent, so we're hoping

it blows over soon and people start coming out. It helps with right by the food tent," Storch said.

As the weather finally started to clear, people deluged out to listen to the evening sets. Around 2,000 people attended the event overall, even with the wet and muddy conditions.

Cambridge city councillor Nicholas Lefebvre said events like this should happen more often. "Events like this bring the community together and it's fantastic to see people coming themselves and helping to their neighbours."

After the last song was played and the final tent taken apart, the organizers looked back on what went right and what they could improve on for next year's festival.

"Definitely knowing how to deal with the rain. We have more sponsors for any weather that they would help," Mark said.

The success of the festival is ultimately measured by how much food is raised for the food bank. This year was a disappointment, with less than 100 pounds donated.

"I'd be wondering we need to work on as future," Mark said.

The Preston Blues Festival is held the third week of September every year in the downtown area of Preston at Central Park.

# Conestoga not raving about new iPhones

an online student opinion site

Conestoga College students aren't making out in pure chaos the latest Apple product.

"The new iPhone 5C and iPhone 5S launched Sept. 20, but despite being designed to catch your eye and seduce some of the most advanced technology, they don't seem to be exciting students."

The results of a survey done at Conestoga found that eight out of 10 students either were not interested in buying either one of the phones in the future.

Phil Korman, a first-year computer programming student, is excited with his current phone, the iPhone 5.

"In the end with mine, I don't like the 5S," he said.

Both new phones come with the new operating system, the iOS7. It is the most advanced operating system which includes new features to make things faster and easier.

Larry Perna, a first-year fitness and health promotion student, was one of the two who said they would be interested in getting an iPhone in the future like currently own a Galaxy S4, but want to have an iPhone.

"I definitely would consider going back to the iPhone," she said.

The iPhone 5C, which retails for \$549, comes in a variety of colors, an all new plastic design, and a solid aluminum frame for a solid structure. It is designed to be energy efficient and

have a long-lasting battery life. It also comes with faster download and upload speeds and an 8 megapixel camera for sharp photo quality and panorama.

"Definitely people who are coming in asking about the 5C are students and parents looking to buy phones," said Jordan Young, a customer service representative at Rogers Plus in Cambridge Centre.

The store sold out of the iPhone 5S on launch day within the first five hours of the store being open.

"Most people are asking for the 5S," said Mike Blumenthal, a customer service representative who also works at Rogers Plus.

He said people have been waiting for this phone, and

most it specified is

The iPhone 5C retails for \$719. It comes with advanced technology, featuring a flip-proof identity sensor on the home button instead of mounting a pass code. The phone takes the owner's fingerprints to unlock the phone. The home button is made of sapphire crystal with a stainless steel ring surrounding it, which detects your finger.

Young said because of the high tech security system, the phone is basically not returnable, but he doesn't think this will be an issue with customers.

For further information on the new iPhones 5C and 5S or the new operating system, visit [www.apple.com](http://www.apple.com) or visit a local retail outlet.



iPhone 5C and 5S are now available at retail stores across North America.

## MOTHER NATURE PUTS ON A FIREWORKS DISPLAY



According to National Geographic, you have a one in 3,000 chance of being struck by lightning in your lifetime. Fortunately, there are no thunderstorms forecast for the foreseeable future and no rain until Saturday.

## Mindfulness Group

Are you ...

- Finding that stress in your mental health concerns are impacting your academics?
- Interested in learning strategies around mindfulness and meditation?
- Wanting to develop some tools to help ground yourself and increase self-regulation?

If the answers are YES, YES, YES, the Mental Health and Mindfulness Group will provide an opportunity for learning, practice, and supportive discussion.

This psychoeducational support group will run for 8 weeks beginning the week of October 21 until the week of November 25. Please register early as the group will be limited to 10-12 participants. Registration deadline is Friday, October 11.

To Register:

- Register online at [conestogaprojects.net/conestoga.ca](http://conestogaprojects.net/conestoga.ca)
- Please provide a copy of your timetable to Counselling Services (Room 1A101)
- Group time to be determined based on student availability. We will contact you with a coordinated time.

Group Facilitators: Shawna Barnard and Linda Jurekovic

Counselling Services: 905.709.9259 ext. 1500

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# Hanging out around Conestoga

BY BRANDON JOHNSON

Are you new to Conestoga College, a returning student still trying to find the perfect spot to hang out before class, or just looking for a new environment spot to relax, breathe and take in the college experience? Look no further, Spoke has the latest and greatest hangouts around the school.

The first spot, Conestoga offers is truly the heart of the school. It can be seen from the Tim Hortons line, US3, and even when walking in from the bus. It is the stadium-style seating area located on the first floor of the A wing. Because of its carpeted seating, projector, the colourful mural painted on the wall, and as the location where most student meetings are held, this truly is the place for any first-year student to visit.

"Why relax on the big seats? Anna MacInt, a first-year early childhood education student, said, "We been coming here since the first day of school with my friends. It has a nice environment and it's quiet."

A second spot at the college is Conestoga Student Inc. Sanctuary, located on the second floor in the A wing.

The Sanctuary is a natural place where students meet and food combine. The entertainment comes from the huge stage where students play music, perform stand-up comedy and watch movies. The food comes from the little cafeteria within the Sanctuary. The coffee comes from Pease Bros, home made burgers, wraps, salads and smoothies to keep students awake for their next class.

So why visit the Sanctuary? Laura Blouin, a first-year fitness and health promotion student, said, "I like that it is cool, it means the temperature, though. It really has everything from food to entertainment and they even sell food on Tuesdays and Thursdays."

The third spot is truly a hidden gem that every student and gamer should know about. It's called the Den and it's located just above the Sanctuary. The Den is every gamer's dream, as it is a place where playing video games during school hours isn't only accepted, but encouraged. The Den boasts out every gaming system too, including Xbox, PS3 and the Nintendo Wii. Don't like those systems? Don't worry, laptop systems from home

are welcomed inside the Den. Another note, the secret entrance and Conestoga's fastest Internet connection can be found.

Still wondering who you would visit the Den? Jacob Belanger, a first-year police foundations student, said, "I'm a gamer. I used the background music and the



popular stadium seating, popular because students, during their breaks.

Den has that. It just has this bigger feel to it as well. Me and my friends come here all the time. I think first-year students should come here because you meet people, get the pulse of the school and there is a backdrop that gives an overview of the Sanctuary so you know what is going on."

One more spot, Conestoga offers really is the place do resistance. The meeting lounge is located in the F wing and, contrary to popular belief, it's not just for nursing students. So don't be afraid to pay for, say hello and sit down on the most comfortable couches Conestoga has to offer.

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Above, as Conestoga students wait for their next plans, they take a breather and eat, relax, hang out and catch up with friends in the Sanctuary. Left, gamers can play video games, watch television or simply just game and enjoy the comfy chairs in the Den.

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# No pets allowed: Is it really legal?

## Apartment landlords can't threaten eviction

### BY PETER SAWYER

Almost 500 Kijiji apartment rental ads in the K-W area alone state, "No Pets Allowed," but, according to Ontario real estate law, most of those have to be legal.

It's early autumn and students are back in school, they're renting apartments and moving in — some are places smaller than they know. Many students have pets and many need to. We all know, or have heard of someone, who was threatened with eviction if they didn't get rid of their pet.

But isn't a shabby poor landlord not? Well, yes, but because they don't like your fancy friend.

You can only avoid a lawsuit if your pet is bothering other tenants, damaging the place or if the landlord is allergic to it and is living there," said real estate lawyer Mark Winkler, who writes a real estate law column for the Toronto Star.

The law originates in part from the Residential Tenancy Act (RTA) where it clearly states that any provision regarding a no pet policy in a tenancy agreement is void. If a landlord signs the contract it still has no legal merit.

The RTA does have clear boundaries.

"Condominium rules are different" said a representative from the Landlord and Tenant Board of Ontario's real estate, "so it's possible that it would apply that you're not allowed to have a pet."

Condos are essentially shared common properties where each resident owns a particular space in that building. They are chartered by a separate set of rules called the Condominium Act. A condo pet policy is decided by an association of owners and can be enforced even if the condo is rented.

The Landlord and Tenant Board of Ontario is the authoritative body behind the RTA, and resolves most disputes between landlords and tenants.

"If you're covered by the RTA, then you do have protection regarding pets even if you signed a no pet policy," the landlord must terminate the tenancy just because you have a pet, but if the pet is causing a problem like with maintenance or damage or interfering

with other tenants' enjoyment by barking, under our act the landlord can get the tenant to stop the behaviour of the animal."

For any landlord to get around the difficulty is not was using the case to mark, but is usually moving into an exclusively pet apartment unacceptably.

Landlords can easily explain why they don't want pets without breaking any rules.

The RTA only protects tenants from being evicted. It does not give any obvious suggestion on how to move in to the first place.

"I know the law, I know how that stuff works," said a landlord who's currently seeking a replacement tenant for his 20 Lake St. Kitchener apartment.

"I had a bad experience with one dog a few years ago. It took a month out of my life and now when I get near certain dogs and the worst is that no renters want moving up, except by my cat."

The Canadian Federation of Humane Societies' most recent National Shelter statistics showed that 143,000 pets were abandoned last year across the country in 2012.

That number figure is caused by, in part, the few most cases removed by considering a pet is a shelter — moving and landlords not allowing pets according to an American study conducted by the National Council on Pet Population.

The misconception that a landlord has the right to evict a tenant because of a personal preference is clearly all too prevalent.

Despite the RTA's clear and exact wording on the matter, Kijiji still sees a search filter called "pet friendly" which allows users to choose their preferences. Condominiums and apartments are exempt under the RTA, so it's difficult to tell who's actually breaking the rules.

Kijiji representatives were unavailable for comment.

Pets are a part of a lot of Canadian families. In fact, recent figures suggest that over half of Canadian households have either a dog or cat as a companion. Both kinds of these pets and are being surrendered to shelters simply because of tenant agreements or landlord distortions.




PHOTO BY PETER SAWYER

How the dogs sit in front of 120 Old Carriage Dr., an apartment building that is owned by someone who does not respect the Residential Tenancy Act. Ads for apartments in this building say no pets are allowed.



This Sept. 31 Kijiji apartment ad for 3245 Hwy 10 says no pets or smokers allowed and pretends to be pet-friendly. The landlord, when asked, said dogs were fine and give him all the info which is true about his ability to not up.

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# Conestoga gets active

Sports, fitness and fun, all under one roof

## BY GARY STANLEY

Close your books, shut your laptop and put away your cellphone, it's time for you to get active!

The Conestoga College recreation centre, located at the Dean campus, offers students a wide variety of exciting activities, not only providing them with an excellent opportunity to exercise (the dedicated freshmen hit list, also with a great way to burn fat) with their friends during the busy school year.

Therapeutic exercise acts as a natural stress reliever for students while dealing with the pressures of school work, said Paula Feldman, administrative coordinator of the recreation centre.

Most of the services available to students are free of charge, with the only requirement being that you hand in a valid student card to the front desk staff.

The activities open to students vary on a day-to-day basis, however, the fitness centre, which is visited by the most students, is open every day of the week.

"I usually go there five or six times a week and use the weight room. They have everything that I need," said Jordan Kozak, a first-year psychology majoring student at the college.

Other popular activities include, but are not limited to, drop-in basketball and badminton, ping pong, skating,



Played on a ping-pong table.

Tony Oliver, a first-year broadcast journalism student, watches the ball into the net during an after-school ping-pong match against fellow first-year broadcast journalism student, Jane Chapman, at Conestoga College.

Drop-in ping pong offers a wide variety of activities for students.

drop-in hockey, yoga, pilates, and Zumba classes. Intramural sports such as basketball, soccer, volleyball, net hockey and chess, all are also offered to students, although they require a team to be put together and submitted before a deadline date, as well as a team fee to be paid. Individuals can

also sign up and will be put on a team.

"We have had an increase in student registration for all our fall intramural programs, which is good to see," Feldman said.

Although many students are unaware, recreation programs — and activities — are made possible because

every full-time student at Conestoga College pays a mandatory fee of \$45.95 each semester.

Despite the fee, many students at the college do not participate in any of the activities, and are still OK with being charged.

"It's not that much like the recreation fee and that way of

did want to use it, it's there," said Matthew Kozak, a second-year business administration student.

For more information on the recreation centre or any of the services provided, drop by, visit the website at [www.conestoga.ca/recreation](http://www.conestoga.ca/recreation), or call three information lines at 313-748-3340.

# Department promotes accessibility

## BY ROYCE MATHIAS

A while ago some students at Conestoga College's Accessibility Services, formerly called Disability Services, still shows the same accommodation to students, but with a much more welcoming attitude. Charlie Matjavec, an employment advisor at Accessibility Services, and several members from students and faculty has been extremely positive.

"It's all about students, and a lot of faculty and staff, it seems like a negative perception to be called Disability Services," Matjavec said. "Accessibility Services is a much more inclusive and welcoming

setting, and that's what we want."

Matjavec also and much of the campus second physical and learning disabilities not only comes from assumptions made by others, but also how one might see him or herself as an individual.

**"We are personalizing the service to the student's needs."**  
— Charlie Matjavec

"The way they feel about themselves can be helped by the way others treat them," he said. "There are going to

be challenges for each and every one of us, it's just how we deal with them that differentiates us from the other person."

Throughout Accessibility Services not only accommodates individual learning the student, but the individual as well.

Those things that individuals need to have, in terms of counselling support and adaptive technology or other situations where an accommodation might be required because of documented academic need, we would try to provide that to the student based on individual need. The key theme there is going to be, "what are the student's specific needs related to what

they need are, and how can we address them," Matjavec said. "We are personalizing the service to the student's needs."

There are also facilities for all students that have stemmed from Accessibility Services. The Learning Commons located on the second floor of the A-wing, is available to all students who can either make an appointment or drop-in. Additionally, welcoming programs for new students are available, such as Discovery Day, which allows prospective students and their families to learn what opportunities may be available for them as a student with a disability or not. Also available is the F&S

program — or Post Secondary Accommodations Support Services — which allows registered full-time students to experience college life before the semester begins. Before a student service available to students with disabilities that provides student values before to assist them with any needs they may have.

Ultimately, Accessibility Services aims to treat all students at the college as though they are just like everyone else — because they are.

"What we help them to see is how they can be good, functioning students here at the college, regardless of what conditions they might be presented with," Matjavec said.

# College bookstore gets fresh

BY KATHRYN STRAUFER

Students were not the only ones to start the school year off with a new look — Coastridge College's Bookstore also showed off a change.

Returning students who needed to pick up supplies were surprised to see a much larger setup, a dramatic look, according to the bookstore's manager of three years, Adam Hueston, has been a long time coming.

"From our end I had the plans laid out in February and preparations started in May and they took till about the end of August," Hueston said.

He said the major part of this work expanding the Bookstore was finding the space to do so.

"There was no new space, it wasn't a new build," said Hueston. "So it was about moving the front shop — we had to move space for them, get them moved and then create the space for us."

It isn't uncommon with new designs and layouts for there to be complications as people have to get used to whatever is new for, according to Christina Crosson, the head of promotions and events,

everyone has adjusted quickly and the new design is offering a lot of new opportunities for the Bookstore.

"The great thing is we can move things around, we can kind of accommodate our business needs," Crosson said. "Like, we do have the space now to order to new product coming in or product leaving the store. So we're always shifting things around to keep it interesting and keep it fresh."

Mike Neri, a first-year graphic design student who remembers the old bookstore layout from her time in design foundations, said she actually didn't give much thought to the new layout while she was picking up the supplies for her program.

It was only upon a recent visit that the change really got her attention.

"It's nice how it's expanded — makes it look better," Neri said. However, she also noted that she was aware that the store's decision to drop an entire section to create a "cleaner" look.

According to Hueston, this decision was as part of the fact that the Bookstore has become more than just a place



PHOTO BY KATHRYN STRAUFER

At Hueston, an employee at Coastridge College's Bookstore hangs up bags in the new section of the store at Coastridge College's Dunn campus.

to buy books for class. It is a one-stop shop for everything you may need as a student.

"We look at it as, you know, if you think you need it there,

we now have the ability to probably carry it for you, which we couldn't before," Hueston said.

If you haven't had a

chance to check out the new Bookstore, its hours of operation are Monday to Thursday, 8 a.m. to 6 p.m., and Friday, 8 a.m. to 3 p.m.

## HAVING A SWINGING GOOD TIME



PHOTO BY GAILLE WOODS/STAFF

Lily Huxon enjoys the first day of fall at Riverside Park in Cambridge.

## GRAFFITI AND GRINDING



PHOTO BY BARR LEONARD

Whether you're a young Barker attempting an elite mid-grind on a recent Saturday afternoon at the Riverside Skate Park in Cambridge. Although Barker has its safety equipment, its park officials strongly recommend wearing them on the park to stay safe.



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Pita Pit located at 588 Fairway Rd. 5, in Rittman always promotes healthy eating. In conjunction with this, they are supporting Cambridge's variety program by donating Pits of the Game to athletes who performed exceptionally well in recent games. Each winner receives a free pit of their choice. The most recent winners are:

|          |                |            |                    |                          |
|----------|----------------|------------|--------------------|--------------------------|
| Sept. 18 | Astoria        | VS Oshawa  | Men's Soccer       | Donnell-Cook of the Game |
| Sept. 19 | Astoria        | VS Oshawa  | Softball, Softball | Beck of the Game         |
| Sept. 22 | Men's Soccer   | VS Niagara | Baseball           | Pitt of the Game         |
| Sept. 24 | Women's Soccer | VS Niagara | Baseball           | Beck of the Game         |
| Sept. 25 | Astoria        | VS Oshawa  | Baseball           | Beck of the Game         |
| Sept. 26 | Astoria        | VS Oshawa  | Baseball           | Beck of the Game         |
| Sept. 27 | Women's Soccer | VS Niagara | Baseball           | Beck of the Game         |
| Sept. 28 | Men's Soccer   | VS Niagara | Baseball           | Beck of the Game         |
| Sept. 29 | Men's Soccer   | VS Niagara | Baseball           | Beck of the Game         |
| Sept. 30 | Men's Soccer   | VS Niagara | Baseball           | Beck of the Game         |